

Vitality Checks available!

at your local health department



Questions about an event?

Call Lisa Johnson at (270) 781-2490 ext. 214 or email Lisa.Johnson@barrenriverhealth.org

General questions?

HumanaVitality
(855) 478-1623

Can't make one of these events?

Learn about your other options here: [LivingWell Promise](#)

Get your Vitality Check (biometric screening) and complete your LivingWell Promise.

Warren County

April 6, 8, 9
Barren River District Health Dept.
1109 State Street
Bowling Green

Follow three easy steps!

Step 1: Pick a date

The events will run from 8 - 9:30 a.m. Appointments are not required.

Step 2: Attend the event

Fast for at least nine hours prior to your appointment.

Bring your HumanaVitality ID card and a photo ID.

Step 3: Get rewards

HumanaVitality rewards you for getting your Vitality Check. You receive 2,000 Vitality Points just for completing and up to an additional 2,000 Vitality Points for results in healthy ranges. Earn even more points by completing the online assessment, too.

The biometric screening consists of a finger prick to measure your cholesterol and blood glucose, blood pressure check, and height, weight, and waist circumference measurements.

LivingWell Humana Vitality

If you've already completed your LivingWell Promise, please disregard this message.

If the local school system is closed due to weather the event will be cancelled.

